

**SINGLE
AND
STRONG**

KERRY IN 'I'M IN A PLACE!'



Kerry has been focusing on fitness

After her shock split from Ryan Mahoney, Kerry Katona caused concern when she was pictured in tears last week. But the Atomic Kitten star quickly shut down speculation it had anything to do with her ex, insisting she was crying after watching *A Star Is Born* with her daughter, Molly, 17. She tweeted, "I was crying my eyes out to the film! Bloody pap in the car park wanker!!!! I'm in a great place in my life!"*

The 38-year-old, who ended things with personal trainer Ryan in October after just four months together, has been taking her mind off her relationship woes by focusing on a strict exercise regime which she kicked off at GI Jane Bootcamp in Thailand.

Director and owner Sharon Smith told **new!**, "Kerry first came to us in 2010 and it completely changed her life. It is now her mission to get people fit, happy and healthy. She's been working alongside our amazing military trainers to show that, no matter what life throws at you, it's always possible to bounce back."

And opening up about the gruelling schedule, she said, "At our Thailand camp the day starts at 6.30am with a 60-minute walk and then we go straight into Kerry's favourite, which is yoga, for 60 minutes. Then the girls will smash out a tough high-intensity training session lasting 90 minutes before their morning snack. Then we will go for a beach run followed by



Kerry with the bootcamp's Sharon



She's a yoga fan

SISTS: GREAT

The Atomic Kitten is staying positive after ending things with boyfriend Ryan



She ditched Ryan after four months



Kez was snapped crying last week

a pool session before lunch. "The last session of the day is always a workshop or a mindfulness session and Kerry is absolutely amazing at sharing her story and encouraging the other women to open up." **new!** revealed Kerry dumped 30-year-old Ryan following a make-or-break holiday because they lacked chemistry. The singer has been unlucky in love in the past,

and even poked fun at her misfortune on Twitter last week. When someone tweeted about her owning two dogs, she wrote back, "Married a few too!!!" Stay positive, Kez!

Georgia Trevitt



Una dazzled at the Pride Of Britain Awards last week



In happier times with Ben and the kids

UNA: 'I'M TAKING THINGS DAY BY DAY'

The singer tells **new!** she's focusing on her kids after her tough split from hubby Ben

Una Healy has been very dignified since the breakdown of her marriage to Ben Foden, but the former Saturdays star has now opened up about how she's coping – revealing she's taking things one step at a time.

"I'm taking it day by day and focusing on the kids," she told **new!** last week. "I'm just trying to get on with it and that's why I love music so much, because I can put all my emotions into that and bring out a positive."

The 37-year-old says she's been leaning on her family and friends for support, and last week was reunited with her former bandmates Mollie King, Frankie Bridge and Rochelle Humes at the Pride Of Britain Awards. She also took to Instagram to write, "Missing you @vanessawhiteofficial last night xx."

Una showed Ben, 33, exactly what he was missing as she walked the red carpet in a plunging sequin dress. However, she said she wants to be friends with her estranged hubby,

explaining, "He's the father of my children, so he'll be in my life forever. Hopefully one day we will be good friends."

Four weeks ago, **new!** reported she'd moved on with American model Kenneth "KP" Guidroz, 34, after meeting him in LA. Things seemed to be hotting up between the pair when she was pictured enjoying a cosy date night with him last month, but it seems that's now fizzled out. "That was just

someone I met out there. He's

just a friend," she told us. Una and Ben, who have children Aoife, six, and Tadhg, three, split in July after six years of marriage amid claims he'd

cheated on her with PR girl Becky Milne. Broken-hearted

Una admitted at the time, "My life has been turned upside down and I'm trying to figure it out."

It sounds like you're in a better place now, Una!

Georgia Trevitt & Rebecca Calderwood



Una says KP is "just a friend"



With her ex-bandmates

PHOTOS: Alpha Press; Backgrid; Goff
*Internet posts are printed exactly as they appear online